

# RGU ECHO work in progress.

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2022

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# ENHANCING FOR **IMPACT**

RGU'S ANNUAL LEARNING AND TEACHING CONFERENCE

## RGU ECHO Work in Progress

*Dr Mamdud Hossain, Jess McGowan*

# RGU ECHO

## *Mental Health and Wellbeing Pilot Resource for Computing and Engineering Students*

- Engineering Students have very poor mental health and wellbeing helpseeking behaviours and have poor mental wellbeing generally
- To support helpseeking we ran a co-design project with eng students across Scotland
- Student Life supported the development of a resource to support helpseeking both in engineering students and computing students who were demonstrating similar helpseeking behaviour (ie hardly any)
- Working group of Student Life, Eng, Comp, Health Sci, and student reps
- Pre Pilot ran in summer with main Pilot live at the moment.

Home

# Mental Wellbeing @ RGU School of Engineering and School of Computing

Mental wellbeing is critical to excellence in STEM subjects including Engineering and Computing.

Have you tried turning yourself off and on again? When your computer is slow and unresponsive, you let it rest - why not treat yourself the same way?

This resource has been developed by engineering & computing staff and students to support you through your studies and beyond. We chose the name ECHO to represent Engineering and Computing Help Online, but it is a resource open to anyone who is looking for support.

[Useful Contacts](#)

 Quick Fixes

 Need a Bit More

Need help now?

[Emergency Contacts](#)

[Home](#) / Now

# I need help in the next 10 minutes

 Breathe

 Hydrate

 Move

 Rest

Need help now?

[Emergency Contacts](#)

# Breathe

It is important with any online support to pay attention to your own choices, if paying attention to your breath sets off a strong resistance, then honour that resistance. It may be that you can explore this with a counsellor or therapist one to one in the future, but following a video would not offer the best support right now.

6 sessions of breathing exercise training significantly reduced anxiety levels in engineering students at a university in Malaysia (Vitasari, 2011) - [Research Gate](#)

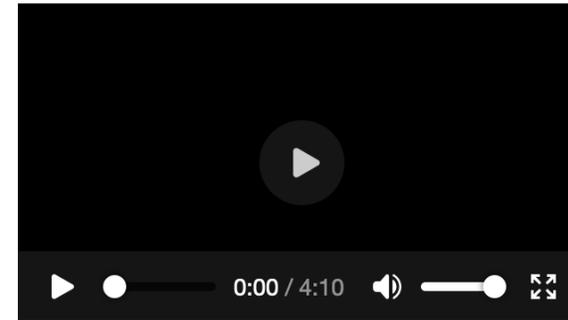
Square breathing with a gif guide (gif plays automatically on page load) - [Monday Campaigns](#)

## Guide to deep breathing

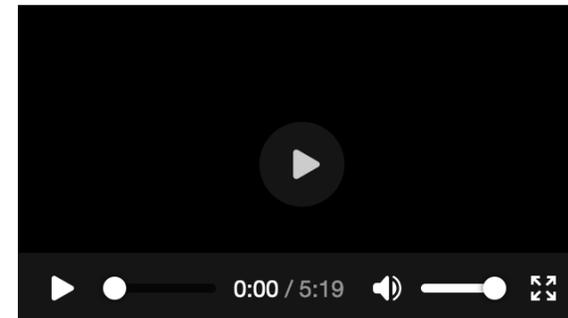
"When learning how to breathe, begin by closing your eyes for a few minutes. Practice moving your breath. Keep your back straight. Begin with a deep, audible sigh, then quietly inhale and see how slow, deep, quiet and regular you can make your breathing and still have it feel perfectly comfortable. You should feel that you are getting enough air with no sense of not getting enough air. Do this for at least eight breaths, then open your eyes and breathe normally. This is a simple exercise but an effective one, and you should do it whenever you can.

Next, pay attention to your exhalation. If you watch people breathe, you will see that most of them use effort to inhale but none to exhale. Exhalation is usually passive and takes less time than inhalation. When you breathe this way, you do not move nearly as much air in and out of your lungs as you can. The more air you move, the healthier you will be, because the functioning of all systems of the body depends on delivery of oxygen and removal of carbon dioxide. To get more air into your lungs, concentrate on getting more air out of them

"A Deeper Belly Breath to Revive the Body"



"A breath to help when feeling anxious, panicked or overwhelmed"



"A breath for expanding and going forward with vitality"



Need help now?

[Emergency Contacts](#)

# Need a bit more?

Good mental wellbeing is critical to excellence in performance, and maintaining good mental wellbeing will help you through those crunch times when there is a lot going on and not so much time.

The topics below give some more information about areas that support (or don't!) mental wellbeing.

Alcohol

Anxiety

Depression

Self Harm

Sleep

Revision/Exams

Motivation

Think Positive

Relationships

Traumatic Events

Suicidal Thoughts

[External Link]  
guides to boosting  
mood

Need help now?  
[Emergency Contacts](#)

# Counselling Mythbusting

RGU's counselling team has provided the following information to hopefully reduce potential misconceptions regarding the services that they provide.

## Myth #1

"Tutors will find out and think badly of me"

Tutors, Lecturers and academic staff will not know that you have attended the service unless you choose to tell them. We are bound by strict codes of practice in how we store and share information and any contact with the service is not on your academic record.

## Myth #2

"I'm just not one for talking about these kind of things"

We are aware that you may not reach out for what we need for many reasons, including cultural or society norms and expectations. Whether you grew up in Scotland or further afield, we are interested both in what it is that concerns you, what might be strange or unusual about coming and how we can navigate that together, see what fits for you.

## Myth #3

"I don't want to take space away from someone who needs it more"

Even if you think your problems are relatively minor, it can still be useful to make use of this service. If there are students with a more urgent need, they will be seen as a priority, so don't worry about making an appointment.

## Further Myths

Tutors will find out and think badly of me

Tutors, Lecturers and academic staff will not know that you have attended the service unless you choose to tell them. We are bound by strict codes of practice in how we store and share information and any contact with the service is not on your academic record.

My issues are nothing to do with my studies, why would I ask for help at the University?

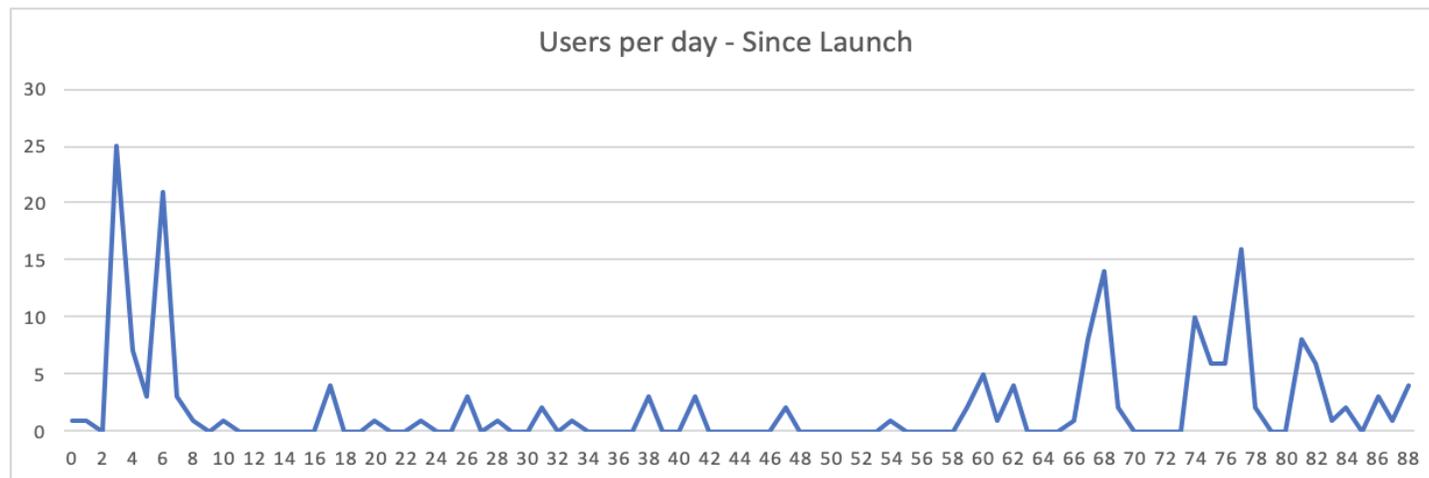
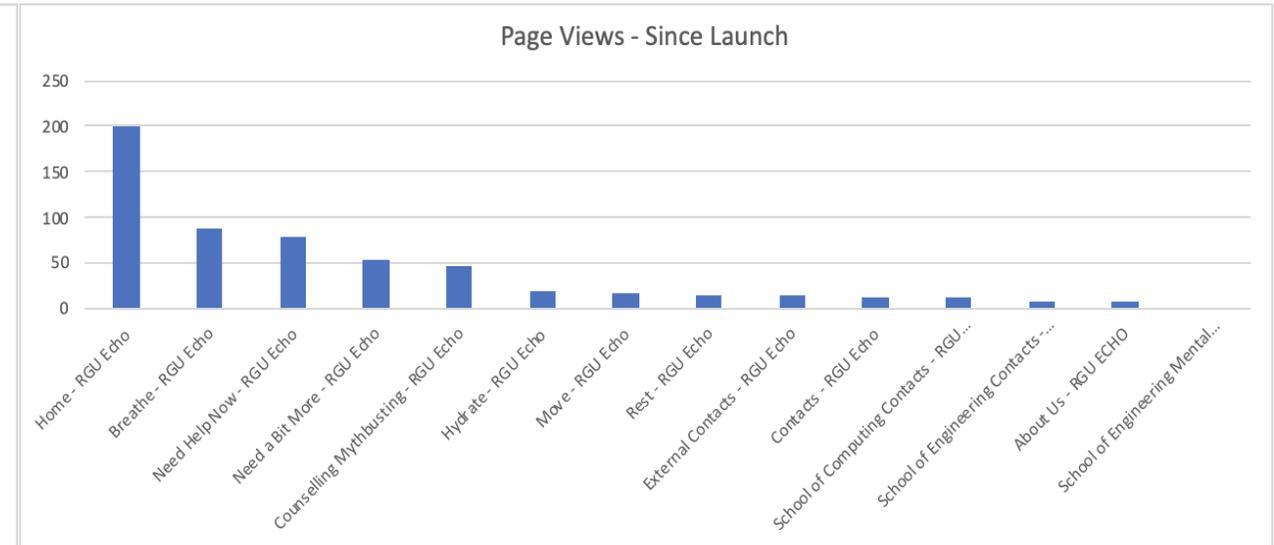
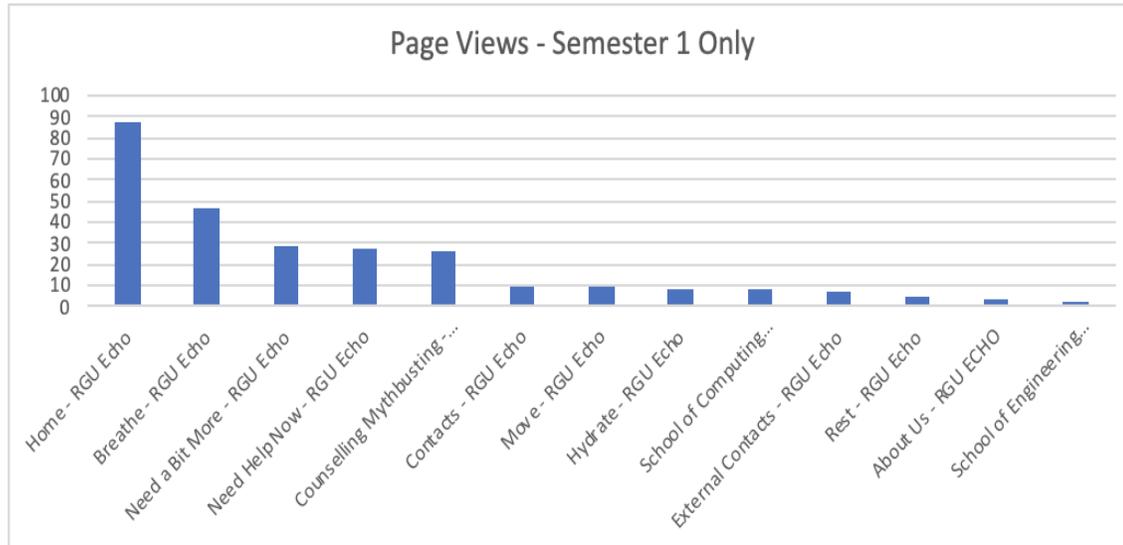
Others will see me going into the counselling service and know I am struggling

It's not about my studies, can I still get support?

Need help now?

[Emergency Contacts](#)

# Data so far



# Summary

- Developed Web Resource in collaboration with students to support mental health and wellbeing in computing and engineering students
- Launched pilot for Sem 1
- Monitoring results ongoing

# Thank you!

For more info email [j.e.tait@rgu.ac.uk](mailto:j.e.tait@rgu.ac.uk) or [j.mcgowan4@rgu.ac.uk](mailto:j.mcgowan4@rgu.ac.uk)